

TICK BORNE ILLNESS BASICS

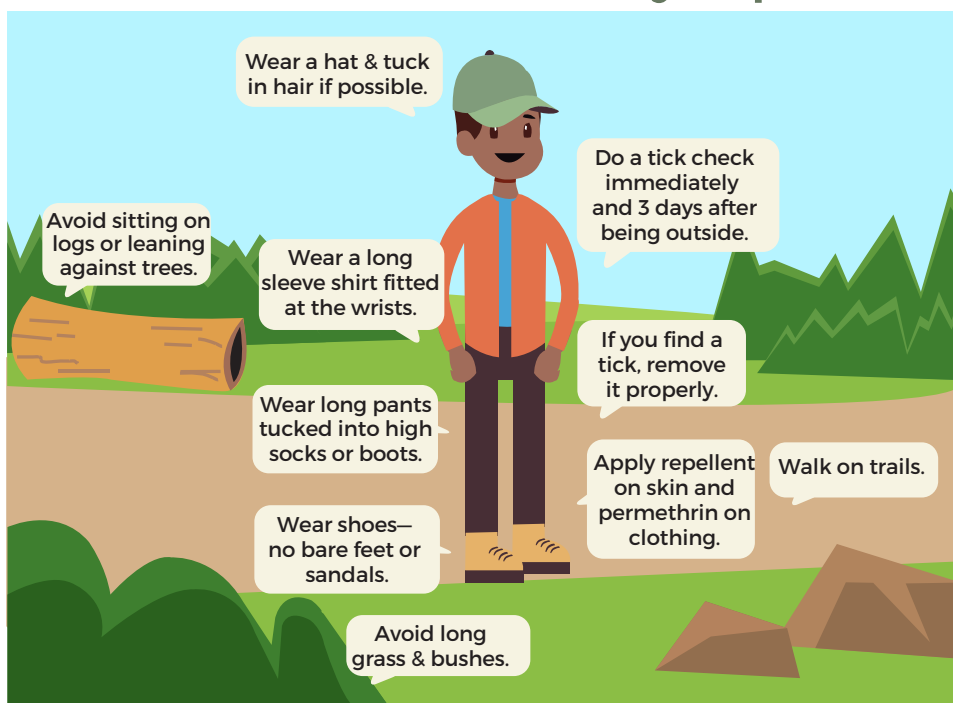
WHAT ARE TICK BORNE ILLNESSES?

Bites from ticks can be both irritating and harmful to your health. These arachnids can spread many diseases that affect humans. Luckily, there are many ways to protect and prevent yourself and your family against tick bites.

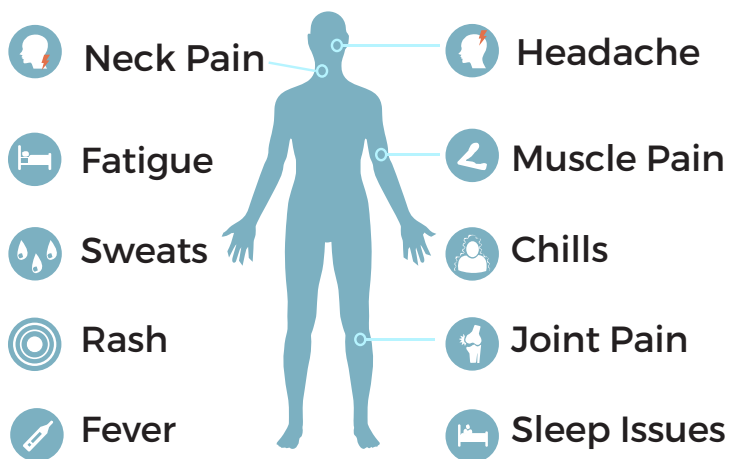
Be Tick Aware

- **Wear Tick Repellent:** Repellents with DEET, picaridin or lemon eucalyptus oil are the most effective.
- **Create a Tick-Safe Zone at Home:** Prune trees, clear leaves and brush, keep deer and other wild animals out of your yard.
- **Treat Pets Monthly:** Animal fur can act like a "tick magnet," exposing you when you snuggle with your pet.

10 Outdoor Safety Tips



Symptoms To Watch For



If you become ill and have been exposed to ticks, tell your doctor about your tick exposure!



Learn more about ticks by scanning the QR code.

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What If You Are Bitten?

- Don't squeeze, twist, or squash the tick. Don't burn it with a match or cover it with Vaseline.
- Use fine-point tweezers or a special tick-removing tool. Grasp the tick as close to the skin as possible.
- Pull the tick straight out with steady, even pressure. Disinfect the bite area and wash your hands.
- Take a picture of the tick for identification. This can be helpful to determine which illnesses you may be susceptible to based on the species.

